

**NC Family Caregiver Support Program
Best Practices / Promising Practices**

Name of project/activity: Respite provided by the Senior Companion Program
Family Caregiver Program Service Category(ies): 830 Respite

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Description: Peer respite is working well in Jones County. Utilizing the Senior Companion Program has proven a win-win situation. Older adults are provided peer companionship, respite is provided for the Family Caregiver, hourly cost is minimal thus more hours of respite can be provided with the county's allocation, and an older adult earns additional income. Additionally, some Senior Companions are neighbors, live close, and generally are known to the family caregiver. This program is expanding into Carteret County in SFY 05-06.

Expected Outcome(s): Outcomes far exceeded expectations. As noted - Older adults are provided peer companionship, respite is provided for the Family Caregiver, hourly cost is minimal thus more hours of respite can be provided with the county's allocation, and an older adult earns additional income.

Target population: Family caregivers who live in rural areas

Community Partners Involved: Coastal Community Action – Senior Companion Program

Funding Sources and other support: FCSP, federal Senior Companion Program operational allocation, and cost sharing

Barriers and challenges and how they were addressed: None to date.